

Your Daily PD Routine



When you are on dialysis, it is important to measure your vital signs daily and take good care of your catheter exit site. Below are some tips and reminders:

My ideal blood pressure

Call the center if your blood pressure is below _____ or above _____

BLOOD PRESSURE (BP)

- Remove clothing from upper arm
- Be in a sitting position
- Avoid exertion before taking BP
- Measure at the same time daily

My ideal weight

Call the center if your weight is below _____ or above _____

WEIGHT

- Weigh yourself with similar type of clothing each day (i.e., jeans and sweater or pajamas)
- Weigh at the same time every day
- Use the same scale every time

My ideal pulse

Call the center if your pulse is below _____ or above _____

PULSE

- Daily or as directed
- Take for one full minute
- Note if beats are regular or irregular

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TEMPERATURE

- Daily or as directed
- Wait 10 minutes after smoking, eating, or drinking

Call your doctor or PD nurse if your temperature is more than _____°F

EXIT SITE CARE

- Wash and dry hands
- Check for signs of infection (redness, swelling, drainage, or soreness). Call your nurse if you experience any of these.
- Wash exit site with antibacterial soap
- Dry thoroughly
- Apply antibiotic ointment (if prescribed)
- Apply dressing (if using)
- Anchor catheter to abdomen

RECORD KEEPING

- Record CAPD exchanges daily
- Keep complete and accurate records
- Bring records to center visits



Peritoneal dialysis does involve some risks that may be related to the patient, center, or equipment. These include, but are not limited to, infectious complications. Patients should consult their doctor to understand the risks and responsibilities of performing peritoneal dialysis.

